

Mental Health Support

Free group intervention sessions to help cope with the effects of the Gariwerd bushfires and the upcoming summer season.

Thursday 20 Nov: Self-care and Compassion
(10am-12pm & 2pm-4pm)

Tuesday 25 Nov: Dealing with Anxiety and Fear
(10am-12pm & 2pm-4pm)

Wednesday 3 Dec: Self-Soothing & the Importance of Connection
(10am-12pm & 2pm-4pm)

All welcome. Just come along.

All sessions held at Budja Budja: 20-22 Grampians Rd, Halls Gap

